



# CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

## *Greetings College Park Seniors,*

Safeguards remain in effect for COVID-19 (Corona Virus) as cases continue to rise. Safety measures are recommended to slow the spread of the virus. Excellent buffers include social distancing; masks or other covering for the mouth and nose; hand washing; refraining from touching eyes, nose and mouth; covering coughs and sneezes and disinfecting frequently touched surfaces. We encourage you to stay at home excluding essential services.

For the City's current information on COVID-19 visit [www.collegeparkmd.gov/covid19](http://www.collegeparkmd.gov/covid19).

### STAY CONNECTED

#### Safe ways to stay connected:

- Telephone calls, text, email
- Write and mail letters and cards
- Share meals with family and friends over video calls
- Play online games with friends

More computer savvy individuals might be interested in:

- Live streaming workouts
- Live Snapchat
- Host a virtual party
- Skype or Facetime family/friends



### Fun Dates to recognize in June 2020

- 4<sup>th</sup> Hug Your Cat Day
- 7<sup>th</sup> Chocolate Ice Cream Day
- 8<sup>th</sup> Best Friends Day
- 10<sup>th</sup> Iced Tea Day
- 12<sup>th</sup> Flip Flop Day
- 14<sup>th</sup> Flag Day
- 18<sup>th</sup> International Picnic Day
- 19<sup>th</sup> Juneteenth
- 20<sup>th</sup> First Day of Summer
- 21<sup>st</sup> Father's Day

**JUNE** also serves as National Alzheimer's Month  
Aphasia Awareness Month, Cataract Awareness Month and Men's Health Month

#### IMPORTANT PHONE NUMBERS

Seniors Program 301-345-8100  
Medicare 1-800-633-4227  
Social Security 1-800-772-1213

#### City of College Park Seniors Program Staff

Angie Burns Seniors Program Manager  
Fatima Knight Seniors Advocate  
Deidre Massey Administrative Assistant  
Donna Jones Seniors Social Coordinator

Bus Operators: Marina Guzman

James Eubanks  
Joseph Shearin



## Immune Boosting Orange Smoothie

Shake the “sluggies”. Treat yourself to a healthy and delicious boosting smoothie!

- 1 Large Orange Peeled
  - 1/2 Medium Banana
  - 1 cup Frozen Mango Pieces
  - 1/2 cup Almond Milk
  - 1/4 Teaspoon Vanilla Extract
- Place all items into a blender and mix well.

**Seniors Program staff are still working! You may reach us at 301-345-8100.**

## What Can I DO While Socially Isolated?

### Line Dance with Karen on Fridays, via Zoom!

Yes, that's right Line Dancing! With the help of the College Park Arts Exchange, access for you to enjoy line dancing using a computer or smart phone, is now available. Our favorite Jessie's Soul Line Dance instructor Karen, will lead you through steps to some of your favorite tunes on Friday mornings at 9:30am. See schedule and link below:



**Schedule:** 9:30 AM June 5, 2020  
June 12, 2020  
June 19, 2020

**Link to View Class:**

**<https://us02web.zoom.us/j/87026255051>**

**Download** Zoom **OR** run from your browser

**Click on** If you cannot download or run the application, [join from your browser](#).

**See** Join a Meeting

**Type** Your Name

**Check** I'm not a robot

**Click** Join

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## Exercise Your Mind!

Unscramble the names of spices and seasonings:

EGGNIR	NONACNIM	HEMTY
VECSOL	SPRYALE	MUGENT
RSYMORE	SLAIB	ROONAGE
MUINC	MARDMOCA	PLEACLIS
MICERRUT	RIPPAK	RYCRU
JAMRORAM	NYACEEN	GRANTOAR

\*\* If you would like to receive a monthly email version of the College Park Seniors Newsletter, sign up by visiting: [www.collegeparkmd.gov/cpconnect](http://www.collegeparkmd.gov/cpconnect)

The newsletter is also available for viewing online in the Social Activities Section [on the city website](#):  
<https://www.collegeparkmd.gov/seniorsprogram>